

APPENDIX IX:

PRIMARY HEALTHCARE STANDARD TREATMENT GUIDELINES FOR RHEUMATOID ARTHRITIS, 2008 EDITION

Description

A chronic, inflammatory, systemic condition of fluctuating course. It may affect many organs, predominantly joints with:

- » swelling or fluid, affecting at least 3 joint areas simultaneously
- » pain
- » limited movement with morning stiffness for longer than 30 minutes, which improves with activity. This distinguishes osteoarthritis from rheumatoid arthritis.
- » destruction

The arthritis affects mainly the small joints of the fingers and hands with the exception of the distal interphalangeal joints, although any joint can be involved. The distribution is symmetrical.

Referral

- » All patients